



1st Quarter 2006

Newsletter of the Half-Fast Track Club

Fast Tracks

From the Pres'

Hear Ye! Hear Ye! Thank you, diehard attendees to the monthly Half-Fast Track Club meetings for electing me President of the Half-Fast Track Club (and my weakness and inability to say "no"). Campaign staffs please don't forget to return the state of Florida its voting machines. I have to say, though, accepting this position was not easy because first and foremost I had to convince the First Lady to support me. Well, as it turns out, convincing the first lady was easy once 1) she learned she did not have to move to a smaller house, the White House, and 2) I agreed to make a few concessions, see next paragraph.

I am proud to be your next Commander in Chief and therefore I would like to assure everybody that my administration will be a scandal free administration, therefore beginning immediately interns and cigars are banned. Oh yeah, blue dresses are also banned.

As your new President I feel compelled to continue the tradition of writing a monthly President's column, a tradition established by former Presidents, particularly our immediate past President Stan Zapf. Of one thing I am sure however, given Stan's eloquence and fine writing skills I find myself faced against a great challenge. So, I am accepting the challenge and have been studying Fidel Castro's 5 hour speeches. I hope to emulate Fidel's content packed speeches in my columns as

best as I can. At this time you may put this letter down, get up from where you are seated and get a bowl of ice cream before you resume your reading: like I said 5 hour speech.

In all seriousness, I am proud to be presiding over a Track Club like no other in El Paso and its surrounding area. This I say without hesitation at all. Why are we the best in El Paso and its surrounding area? Well, for starters we are the only Club within a 300 mile radius whose members have run and continue to run marathons and "Just" half's in just about every state in the US. For example, in 2005 alone Half-Fast members were sighted running in Texas, Ohio, New York, Illinois, Arkansas, Utah, Oregon, Georgia, New Mexico, Arizona, Minnesota, Nevada and California. When I say sighting I mean blurred sightings due to the fast speed we have seen lately. On the international level our member(s) have run Cuba, Mexico, Great Britain, Germany, New Zealand, Canada and Las Cruces NM. Thanks Salvador for your contribution in the international circuit.

To add to this amazing accomplishment is the fact that our members have achieved great race times in local, national and international races. This translates to "Personal Best's", one "I Beat Gilbert" medal and one Texas State Championship. Yes, one state championship victory from High School Senior and emerging star, Emilio Puente!

You can count on our members competing and getting "Bling, Bling's", or "hardware" as old timers call trophies and medals.

CONTINUED ON PAGE 3

RACE RESULTS

- Sun Bowl Run
 - Far West TX JackRabbit Rally
- GO TO....

www.runelpaso.com

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Runner of the Quarter

Alright Hot Shot! You who knows everything about sports; you who knows who won the 1956 World Series; you who knows Reggie Jackson's batting average in the 1980 World Series; you who knows Larry Bird's three point stats during his years with the Celtics or; you who believes Wilt Chamberlain's claim to 20,000nah! why am I asking? you probably know that as well. Anyway, look at the list below and guess who is the proud owner of all those stats.

¿GUESS WHO?

26Years of running completed 12-05-2005

Accumulated mileage-45,738

Trophies (219)-Medals (440)

Total races competed in--812

9 Miles-----	1
25 Miler-----	1
10 Miles-----	8
15K-----	8
8 Miles-----	7
800M-----	11
12K-----	1
20K-----	7
11K-----	3
3 Mile-----	7
10K-----	208
Marathons-----	96
9K-----	1
8K (5 Mile)-----	80
4 Mile-----	16
5 K-----	167
2.5 Mile-----	15
2 Mile-----	93
3K-----	11
1.5 Mile-----	6
1 Mile-----	17
Half-Marathon-----	19
1500M-----	11
400M-----	12
200M-----	6

Inducted into the El Paso Senior Games Hall of Fame in 2004.

**Be the first to Email your guess at
luiszar@elp.rr.com for a chance to win
Breakfast at Ramon's after a Saturday run.**

RACE CALENDAR

This calendar is published monthly as a service to our members. Races are subject to changes and/or cancellation at any time for which the Club assumes no responsibility. All details are not always available at the time of newsletter publication. For details or more information about a race you must contact the race director.

03/11/06

Run Old Mesilla 5 & 10K/ 5K Fitness Walk

(10K is Gran Prix event)

Las Cruces

Contact: 524-7824

03/12/06

Ruben Orozco 8K Special Olympics Texas Torch Run

Where: Corner of Stanton and Cincinnati (parking lot of Geogeske's)

Contact: Special Olympics Texas office (701 Montana Avenue, inside the YMCA Downtown), or call (915) 532-1795 and we will fax or mail you a form

03/19/06

El Paso Times TransMountain Challenge

Features a 20k competitive run, 20k non-competitive walk, competitive 5k run & walk, 20k competitive 3 to 5 person relay run.

Contact: Maribel Villalva - 546-6397

04/02/06

Cathedral High School "Irish Run"

Sunday, April 2 8:15 AM

Ascarate Park

Fast flat 5K competitive run and 1 mile fun walk

Register on active.com or mail to:

Race Adventures

2200 N. Kansas Apt "B"

El Paso, Tx 79902

Contact: Bill Barry – 587-6931

CONTINUED ON NEXT PAGE

track club meeting

NEW NIGHT!

3rd **WEDNESDAY** of The Month

6:30 PM

Andres Pizza • 3288 N. Mesa

-NO MEETING IN MARCH-

Wednesday, April 19

Wednesday, May 17

RACE CALENDAR

CONTINUED FROM PREVIOUS PAGE

04/02/06

MVTC Triathlon 5K Run/25K Bike/ 500m Swim

Las Cruces Contact: 524-7824

04/08/06

Texas Ave Mile

Saturday April 8, 2006 (7:30 AM)

Texas and Cotton St.

Fast Flat One Mile (Run or Walk)

Contact: Bill Barry – 587-6931

04/22/06

El Paso Senior Games track and Field

- for ages 50 and older

at Irving High School

Contact: Julie at The Memorial Park Senior Center - 562.4260

04/29/06

El Paso Humane Society - Run and Bike race

Run and Bike race in McKelligon Canyon

5k Run

Citizen Bike Ride

Human/Pet Fun Walk

Contact: Jim Murphy

Marketing/Development

Humane Society of El Paso

325 Shelter Place

El Paso, TX 79905

Tel: 915-532-6971 ext. 15

04/30/06

El Paso Senior Games 5K & 10K Road Race

Ascarate Park

Contact: Julie at The Memorial Park Senior Center - 562.4260

05/13/06

The 4th annual Walk/Run for Families in Crisis

sponsored by the Lee and Beulah Moor Children's Home

Sunland Park Race Track & Casino

Contact: Renee Tanner - 544-8777

***FOR A COMPLETE LIST OF
UPCOMING RACES GO TO
www.runelpaso.com***

PRESIDENT'S LETTER, CONT.

Remember, too, what I am listing here is only half of what our membership has accomplished. The other half composed of our triathlete members, have an extensive list of local and international participation as well. That list includes Ironman and Half Ironman where some qualified for World Championships.

You think I am bragging too much about our accomplishments? Check this out dog: in 2005, aside from the numerous local race wins we had 10 members qualify to run the Boston marathon; congratulations to Scott M, Larissa P (4th place in category in San Diego's Rock & Roll marathon), Monica C, Gilbert I (aka Lieutenant Dan for his courage and will to conquer PR's), Joe V, Chris R, Kevin L., Ken U, Juan G. and Yours Truly. So what do you think now dog? Who's Yo Daddy?

There may be others out there whom I do not know about so let me know if I left you out. This list is as big as the list displayed by our triathlete friends, which you also see on our monthly newsletter's former column "balls briefs". On that list you will see names like Laura B, Lucy F, and of course, El Paso's own Mark B.

Hmm! Hmm! I just realized the accomplishments listed do not match the name Half-Fast. Oh what the heck, let's keep using this name so we continue to deceive our opponents.

Stay tuned for possible cabinet appointments complete with confirmation hearings. Until then, run on!

-- Luis Zaragosa --

RACE RESULTS

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- Far West TX JackRabbit Rally

GO TO....

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editor's forum

It hardly needs to be pointed out that a lot has changed in this issue of Fast Tracks. Our President and Treasurer have decided to make the switch to an electronic newsletter beginning with this issue. I hope you enjoy the new colorful way to look at running news in El Paso. And, I hope you appreciate that this format allows us to publish more photographs and articles of interest to the running and multisport community. So, please, I encourage you to email your stories and photos to the editor!

Along with this come some additional changes. The newsletter will now be quarterly. This allows Anita to have a life and earn a living! Also, the full race results from every race will be posted on www.runelpaso.com. We think you will find this to be a faster and easier way to find out how you did in a race.

You will also notice that we no longer have a Multi-sport Editor. If anyone wants to volunteer, we want to tell your story.

A Time to Share My Story

Sometimes in life there is a reason to remind yourself of what you are grateful for. I need to remind myself of that these days. This February, the Winter Olympics took place and it took me back to the profound affect that the 1972 Winter Olympics had on my life. And, I just got news from my doctor that my running is going to have to be restricted. So...it is time to share my story. For those who have heard this, I apologize for the repetition. For those who have not heard this - remember to be grateful for the health that you take for granted.

When I was 19, I got run over by a boat while water skiing with my little brother on a lake in south Florida, where I grew up. My skis were hit from the front which shattered my right ankle and, thank God, turned me upside down. When the rest of the boat flew over me, the propellor hit my right knee instead of my head or spine.

Instead of losing my life, it almost completely severed my right leg at the knee. I looked down and saw a fillet of knee hanging out and the bottom of my leg twisted up in the water away from the rest of my leg. I started screaming to keep from fainting. A man on shore saw what happened and jumped in his boat to come rescue me. In the meanwhile, my little brother, whose boat had drifted half-way across the lake by this time (his engine had stalled and he and his buddy were trying to get the engine started) jumped in the water and swam all that way over to me.

Between him and the man in the boat they managed to get me on board and over to the opposite shore where someone called an ambulance.

My parents had to sign a form to allow the surgeon to amputate my leg, it was so mangled by the accident. After a couple of hours of waiting they took me into the operating room. The doctor was able to salvage a large chunk of bone which he screwed back into my knee.

I spent two years in and out of

casts and in physical therapy learning how to walk again. I remember, during that time when I was in the hospital during a surgery, watching the Olympics in the early 70's. There was a snow skier who had been severely injured in a fall and was back in the competition even though he knew he could never achieve gold. He just had the guts to fight his way back into the competition. I made up my mind at that point that I could choose to be handicapped for the rest of my life or I could choose to take the gift that I had been given - my life - and live it to the fullest. I chose the latter.

On the 25th anniversary of having my leg, in 1998, I ran my first marathon - at 45 years old. I had started running just a year before that at the suggestion of my son who had gone out for cross country as a freshman in high school. He saw me going through a very agonizing divorce and told me "running is good for your soul, Mom." I got out one morning at 4:30AM, put on a pair of Saucony running shoes and "ran" my first 3 miles. I have been running ever since. That first marathon was such a triumph for me. I was like kicking fate in the ass and showing myself that the world was my oyster, once again.

Since then I have run 41 more marathons all over the world. Every one of those has been on borrowed time, so it has been a very precious gift to myself. Just a month ago my ortho doc told me that my knee had nothing left in it and that I need to "pick out one last marathon" to run. It has been a very depressing bit of news, to say the least, but I AM going to run Boston next year. It may be my swan song marathon - before I get a new knee - but I have made up my mind that it is not going to be the end of my running career. I love this sport and I love what it has done for my life. I am going to find a way to get a new knee that I can still run on - if it is the last thing I do. I am going to prove, once again, that nobody can tell me that I have to give up. Because I have learned through my life that I am not a quitter.

Notes...WITH LOVE FROM GEORGIA TECH

Hey, Mom (from Chris Rockett)

Howdy Mom.

I was having trouble sleeping tonight, so I sat up late and produced the masterpiece below.

New electronic newsletter. . . means I can prattle on forever, right?

So who of us in the last week woke up and donned a colorful, skin-tight shirt of space age stretchy fabric promising a 1.5% reduction in surface drag coefficient, set foot in a pair of shoes that tighten up not with laces but with Velcro straps, and straddled a machine that has not changed significantly – in geometry and functionality, at least – since 1839 when it was invented? **

Word on the street is that there is many a closet cyclist among us. Yeah, you swore to yourself that you'd never convert to the "dark side". Those garish folk, whirring by you on Westside Drive on Saturday mornings. . . They don't need a sign denoting the exclusivity of their posse; the attire and the attitude say it all.

The reader might be led to guess that I've managed to resist the pull of said dark side and successfully boycotted the bicycle and its associations. But in fact, quite the opposite is true. I'm a bicycle fanatic. I ride almost every day. I dream about the bike I would assemble given an infinite budget. I believe in the bicycle's power to change the world: non-polluting, quiet, space-efficient, low infrastructure impact, healthy, and just plain FUN! Bicycles could solve three of America's most pressing issues: traffic, pollution, and obesity.

El Paso is going to have to quietly stand aside in this discussion, as the city was built on the wide open space principle of the American

West. El Paso is hopelessly doomed to being an automobile city but my current home Atlanta, also built around the personal car, may just stand a chance.

Because I am too cheap to buy a \$500/yr parking permit on GT campus, it is much more convenient for me to bike the 3.5 miles between home and school. With stoplights in my favor and a hell-bent desire to get to class on time, I could potentially make this trip in 15 minutes. I challenge any driver to better that time during the morning rush. Admittedly, I'm quite the masher, and I always ride as if I were five minutes late to an interview with the Pope. It's just no fun to go slow on a bicycle.

I have to make minimal adjustments to my lifestyle to accommodate commuting on the bike. One strategy essential for the hotter months is to bring one's street clothes in the backpack and change later so as not to soak them with sweat. Of course in the hostile Atlanta traffic I make every consent to safety: helmet, bright flashing lights, and an aggressive attitude (you've gotta command your own space out there because the drivers aren't going to give it to you).

Rain is inevitable, but you'll quickly find that your real enemy is not water falling from above but that which splashes from below. Mounting some fenders over your tires will greatly reduce your dry cleaning costs, or you could just always ride in raggedy exercise clothing. (I'd be happy to share more experiences and tips on bicycle commuting with anyone anytime: just ask.)

In spite of all this, I still set myself aside from the neon jersey people, convinced that they are just 50 grams away from riding alongside Lance. For one thing, I refuse to spend \$60+ apiece on "proper" cycling attire, and for another, I refuse to be seen in spandex on all but the longest rides

(there are some practical issues with saddle chafing that must be addressed on such rides). But perhaps my strongest reason for eschewing the hard-core cyclist lifestyle is that I don't want to adulterate the pure pleasure of swinging my leg over the top bar, mashing those pedals, and becoming eight years old all over again! Bicycling should be fun foremost: the kind of fun you remember from your childhood when the training wheels came off. I will never let concern over workout schedules, age category placement, and peak performance pollute the spirit of the bicycle. Save that nonsense for running.

[There are few things the author enjoys more than whipping through the brisk night air on his bicycle. He's pretty sure he's nailed down why this experience is so pleasurable and would like to be quoted as saying the following:

"Riding a bicycle makes you feel like a kid again. But riding a bicycle at night makes you feel like a BAD kid, and that's cool."

** If the fact checkers are dipping their quills to reprove me right now, it should be noted that the first "bicycle" or, more accurately, two-wheeled human-powered personal transportation device appeared in 1817 with Baron von Drais' invention of his "hobby horse" (<http://www.pedalinghistory.com/PHHistory.html>). However, I'm drawing the distinction with the addition of foot pedals as opposed to a propulsion mechanism best described as the Fred Flintstone method.

-Rockettman



HAPPY BIRTHDAYS!

January

Rudy Alvarez	Jan 13
Wayne Pritchard	Jan 13
Joe Janisheck	Jan 15
Bill Barry	Jan 16
Paul Resignato	Jan 21
Linda Chew	Jan 21
John Wells	Jan 17
Sam Creighton	Jan 29
John Haddox, Jr.	Jan 30
Monica Cisneros	Jan 31
Scott McLaughlin	Jan 31

February

Teresa Aragon	Feb 1
Rachel Brooks	Feb 10
Carlos Moreno	Feb 19
Gary Young	Feb 23

March

Beatrice Shaw	March 3
Stephanie Caviness	March 5
Flip Lyle	March 5
Lucy Escamilla	March 6
Rosa Schlagregen	March 7
George Garza	March 13
Ramon Oaxaca	March 13
Patti Barber	March 16
Oscar Ramirez	March 17
Patrick Smith	March 20
Fulton Robinson, Jr.	March 23
Ken Uecker	March 24
Hector Balboa	March 26

Sarah is Coming



Sarah Reinersten, completed the Hawaii Ironman and competes around the world as the spokes-person for athletes with disabilities. - Photo by Rich Cruse

Las Palmas Medical Center Women's Advisory Board hosts Hot Ticket for Womens Health each year in April. This year, the Hot Ticket will be bringing in Sarah Reinersten as a featured speaker. The event will be held at the Convention Center on **Saturday, April 22nd** from 10AM until 2PM. The event is completely **FREE** and everyone is welcome to hear Sarah speak - men and women. Take this opportunity to hear Sarah's inspiring story and share it with your kids. The time of her speech has not been determined as of yet. Watch for announcements in the El Paso Inc.

The Long, Winding Road to Boston

This is the story of a marathon runner's struggle & subsequent victory in qualifying for the prestigious Boston Marathon. This is a story about determination and an unbroken will to conquer. Like a soldier approaching the Normandy Beach on D-Day, this runner, you will see knew what he had to do; he had the training and yes he was aware of the perils presented ahead. You'll agree it was all well worth it.

And so it was that Chris Rowley set his goal of qualifying to run Boston. Chris is a fine gallant runner with an impressive running history who in seeing his running buddies qualifying for Boston he felt compelled to do the same. But the road to Boston proved to be an elusive mirage at times and a difficult task.

Chris' first attempt at qualifying for Boston at Marine Corps marathon in Washington D.C. should have been a prelude of what was to come. The Marine Corps marathon hailed as a Boston qualifier by its organizers is actually a brutal, difficult course. The only thing flat there was the "FINISH" sign hanging overhead, hence it is not by mistake that the finish is located at the site of the Iwo Jima memorial. I can imagine Chris feeling like the memorable soldiers conquering Iwo Jima as he inched his way up the steep hill on the last mile. Except, there was no Boston marathon flag and no street parade filled with eager girls hoping to steal a kiss from their hero. No, instead he found pain, frustration and feelings so familiar to all of us who have attempted to qualify for Boston and failed. Carrying nothing but pain and frustration, Chris came home to rethink a new strategy.

Chris thought, what to run next so as to ensure victory? Yes!" Las Vegas is it. What better place to qualify than Las Vegas marathon? Chris knew Las Vegas well, after all it is here that a few years back he ran an impressive 3:11 PR. Here, however you won't see the thousands of cheering fans you see everywhere else lining the streets. Here you run on the highway. But Chris knew that

and it was OK, he was a believer, and believers have dreams and that dream he knew would be realized in Las Vegas. But...except...well, why dwell on it Las Vegas was not to be, he ran a good race but Mother Nature denied him a trip to Boston. Headwinds on marathon day were strong; gusts were recorded at 40 to 50 mph, and Porta Potties were blown onto their side. It was with those winds that Chris' dreams went as well. Frustration ensued once again.

"What now", Chris thought. By now this quest was reminiscent of Napoleonic days. He just needed to confront the marathon course and Veni Vidi Vici. But the question remained: can I do it? Chris had conquered 20+ marathons, but like Napoleon, he was being defeated by the inclement elements and his dreams remained just that, a dream. So it is no surprise that self doubt, emanating like spring water, began to flow on Chris' mind: "is it that I need more long runs? More speed workouts? Hill training? Mile repeats?" Or is it that he was living in the old days relishing on that 3:11 PR? "No! I am already doing all that's needed". Madness! To top things out he had to deal with the question of what is more difficult, failing to achieve one's goal or going back home empty handed and having to see your running buddies who so eagerly awaited to hear from you? Forget it; don't mind these questions Chris Rowley said to himself, so he kept plowing away knowing that ultimately he would prevail. "The road to Boston stinks", he thought. Stinks? Bam! Bam! Flying Pig is it! Cincinnati is flat so Flying Pig is a flat course, no doubt. "Boston here I come", Chris said with a smile.

And so there was Chris on his way to Cincinnati to run the Flying Pig marathon accompanied by a great bunch and yes, all FOT's (Friends Of Ted). Cincinnati in my view is the place where an event of biblical proportions took place: a once in the history of mankind event. This event

marks the time Gilbert Izquierdo was much favored by the running gods. You see after having been left behind by Rick Francis at about mile 20, Gilbert reached deep down his emotions and was able to convert his anger into strength. And so it was only because of this strength that he, in an audacious but defiant and unscrupulous manner caught up to Rick and passed him. Yes, passed him at the speed of a shooting star. Rick, an icon in the marathon circuit and one of the best marathon runners you will ever meet (now stunned), was left behind. What is troubling here is not only the fact that Gilbert passed Rick, but that in a voice full of contempt (and disrespect to a running icon) and a smile bigger than the smile of the Jack in the Box character said "Let's Go Bud". "Let's Go Bud"? Unbelievable! I know Gilbert therefore I know he really meant "who's your daddy?" I can see Gilbert's eyes wide open as if emulating the size of his smile at the thought of having had the "Great Opportunity" and he took it. It was here at mile 25 that Gilbert knew Boston was becoming a reality for him. The other reality here was that Gilbert kept on running, leaving Rick in its wake, alone to ponder his own thoughts. By the time Rick realized what had happened he wanted to reply but stunned as he was at the show of disrespect he could only mutter an inaudible: "Lieutenant Dan! Lieutenant Dan don't leave me". Too late, Lieutenant Dan was gone, knowing full well the running gods were favoring him that day and they wanted him to go to Boston. And so they did.

Hey, but what about Chris, you may say. Well, even though Chris ran a very good race (finished third on the FOT group) he was still short of his qualifier time.

And so the quest continues. If you want to know what else happens in Chris' quest for Boston don't miss next month's letter.

Don's Home Page for Runners and Walkers

*Don Goulette, RT(R), RDMS
El Paso, Texas, USA*

www.fortunecity.com/olympia/greene/27/

*Covering the El Paso walking
and running scenes.*

WELCOME NEW MEMBERS

The British are coming! The British are coming! Well, actually they are here and we like to welcome them to our running club. They are:
- Shaun Lamb and his wife both from England

Other new members from not so exotic places but equally as celebrated:

- Daniel Otero from New Laguna, NM
- Teresa Brobeck from Las Cruces, NM
- Amy Thomason from El Paso
- Caroline Birchfield from El Paso
- Carlos Morales from El Paso
- George Loose (Anita Rockett's father) from Oviedo, Florida

2006 HALF-FAST TRACK CLUB MEMBERSHIP APPLICATION

New Membership _____ Renewal _____

Type of Membership: Individual (\$20.00) _____ Family (\$25.00) _____

Group (\$3/person for organizational groups with over 10 members-1 newsletter per group) _____

Area of Interest: Running _____ Walking _____ Multi-sports _____

Club Membership Application Waiver

I know that running/walking and volunteering to work in club races are potentially hazardous activities. I should not enter and run/walk in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the event. I assume all risks associated with running/walking and volunteering to work in club races including, but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, road conditions and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I for myself and anyone entitled to act on my behalf, waive and release USATF, RRCA, the HALF FAST TRACK CLUB OF EL PASO, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Name: _____ Signature: _____ Date of Birth: _____ e-mail _____

Name: _____ Signature: _____ Date of Birth: _____ e-mail _____

Name: _____ Signature: _____ Date of Birth: _____ e-mail _____

Name: _____ Signature: _____ Date of Birth: _____ e-mail _____

Name: _____ Signature: _____ Date of Birth: _____ e-mail _____

(Parent's Signature If Under 18)

Address: _____ City: _____ State: _____ Zip: _____ Phone: () _____

EMAIL ADDRESS: _____

I am enclosing ____\$20.00 for individual ____\$25.00 for family membership ____\$3/person for group dues which entitles me to newsletters through December 2006 and many other club privileges.

Meetings are held monthly – see newsletter for place and times.

Mail application with check or money order to: **HALF-FAST TRACK CLUB P.O. Box 962347 El Paso, TX 79996-2347**